**Meaghan Kountze**

**Article Reflection: 2**

**“Babies' Self-Regulation: Taking a Broad Perspective” by Enid Elliot & Janet Gonzalez-Mena**

Article Summary:

Article URL: <http://www.naeyc.org/yc/pastissues/2012/january>

This article talked about self-regulation, the importance of this trait and how we as caregivers or parents can instill and encourage self-regulation in the children that we care for. Some examples of this include: talking to your child and explaining what you are doing, forming attachments with children by reading the signals and becoming attune to their needs, being calm and empathetic when a child exhibits sadness or anger, and just respecting children’s feeling in general. Self-regulation is a long and slow process of development and can be defined as: a complex process that involves coordinating various systems of the body and mind, including feelings. The long developing process of self-regulation is greatly affected by the interactions and relationships that children have. Each interaction serves as a learning experience for children, they begin to explore their emotions through interaction with others and make changes if needed. For example, if we are impatient with an angry or sad child, we are telling that child that we do not respect their feelings. In the future this child may not know how to deal with feelings of anger and/or sadness. The article suggests that we show children that these types of feeling are natural and help them to become comfortable dealing with these feelings.

Article Reflection:

This article was interesting. A lot of what I read was information that I already knew or at least believe to be true, but there were some new ideas that were presented to me as well. As the article mentions, caregivers (and parents) have been encouraging self-regulation for years without using the term “self-regulation” or even knowing that that is what they are doing. There is one tidbit that I took away from this article that I know will stay with me as I continue on in the field (and once my own son is born). It is common sense really, but it is something that I never stopped to think about, the appropriate way to pick up a child. Some caregivers approach children from behind and without any warning pick them right up, which could understandably startle some children. It is recommended that you approach children from the front and explain to them that you are going to pick them up so that they can react to the situation. This is something that makes perfect sense, but I have never really thought about until I read this article. Although the entire article provided great insight, that piece just resonated with me for some reason and I wanted to pass it on.